



## Erie County Stay Fit Dining Program

### Frozen Meals Menu – June 2021



The Erie County Stay Fit Dining Program is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of Frozen Meals through the Frozen Congregate Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack meals. The 10-pack will have 2 identical 5-packs. A roll, milk and dessert are included with each meal. ***Please remember that a contribution of \$3.00 per meal (\$9.00 per 3-pack, \$15.00 per 5-pack) is suggested, but any amount is appreciated and goes toward the improvement of the meals. Thank you in advance for your contribution!***



#### Meals for Week of (Tuesday) June 1<sup>st</sup>

Breaded Chicken Breast with Herb Gravy, Spanish Rice, French Bean Medley  
Stuffed Shells with Meat Sauce, Seasoned Spinach and Mushrooms, Cauliflower  
Pork Ribette with BBQ Sauce, Scalloped Potatoes, Peas and Peppers  
Beer Battered Fish, Broccoli, Zucchini & Diced Tomatoes  
Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetables



#### Meals for Week of June 7<sup>th</sup>

Penne with Meat Sauce, Green Beans, Stewed Lentils  
Basil Chicken Breast, Pasta, Brussel Sprouts  
Roasted Pork with Gravy, Mashed Potatoes, Broccoli  
Macaroni & Cheese, Zucchini, Green Beans  
Meatballs & Gravy, Pasta, Mixed Vegetables



## Meals for Week of June 14<sup>th</sup>



Tortellini Meat Sauce, Spinach, Italian Vegetable Mix

Pulled Pork with Gravy, Brown Rice, Brussel Sprouts

Roast Beef with Gravy, Cheesy Mashed Potatoes, Mixed Vegetables

Breaded Chicken, Cauliflower, Green Beans

Hamburger with Gravy, Scalloped Potatoes, Peas



## Meals for Week of June 21<sup>st</sup>

Ham Steak with Pineapple Sauce, Cauliflower, Seasoned Spinach

Breaded Chicken Breast with Buffalo Sauce, Fiesta Corn, Broccoli

Sliced Turkey with Gravy, Mashed Sweet Potatoes, Peas

Beef Stew with a Biscuit & Mashed Potatoes

Roast Pork with Cinnamon Apples, Mashed Potatoes, Carrots

## Meals for Week of June 28<sup>th</sup>



Turkey a la King, Mashed Potatoes, Carrots

Ham Steak with Maple Glaze, Scalloped Potatoes, Brussels Sprouts

Baked Fish with Pineapple Salsa, Rice Pilaf, Broccoli

Chicken Breast with Tomato Sauce, Pasta, Wax Beans

Roast Beef with Gravy, Sweet Potatoes, Green Beans

